

# Fresh & Healthy

Idaho WIC authorized  
food list



IDAHO  
**WIC**  
GROWING  
HEALTHY  
FAMILIES



SUPPLEMENTAL NUTRITION PROGRAM  
FOR WOMEN, INFANTS & CHILDREN

Effective October 1, 2009 -  
September 30, 2010

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For more information on the Idaho WIC program, call the Idaho CareLine at 2-1-1 or 1-800-926-2588, 1-208-332-7205 (TDD).

**[www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)**

# Helpful Hints

## shopping for WIC foods

- You will need your WIC Identification Folder every time you use a WIC check or Cash Value Voucher at the grocery store.
- Choose WIC-approved foods in the amounts listed on your WIC checks or Cash Value Voucher.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's or Cash Value Voucher's food separate.
- Hand your WIC check(s), Cash Value Voucher and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the check or Cash Value Voucher **after** the cashier writes the amount of the purchase on the check or Cash Value Voucher.
- Do not accept cash back or rainchecks.



Look for these shelf tags at the store to help you find authorized WIC products.

# Fruits and vegetables



## Buy

*Any variety whole or cut fresh fruit and vegetables, including organic.*

## Do Not Buy

*Potatoes other than orange yams or sweet potatoes. Items from the salad bar, party trays, fruit baskets, decorative vegetables and fruits, herbs, spices, or nuts. Jarred, frozen, canned or dried. Added ingredients or non fruit/vegetable items.*

## Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost based on the Chart for Purchasing Fresh Produce.
- You may also buy items with a set price.
- Idaho potatoes can be part of a healthy diet. While you can't get white potatoes with your WIC Cash Value Voucher, consider buying Idaho potatoes with your other groceries.

**Enjoy several fruits and vegetables every day**

# Fruits and vegetables

## Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.59	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.28				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				

*If you go over the amount of the voucher when using a Cash Value Voucher, ask the cashier about putting something back or paying the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.*

**Enjoy several fruits and vegetables every day**

# Cereal

## Cereal

Buy

*Only the cereals pictured here*

Do Not Buy

*Cold cereal: less than 12 oz. Hot cereal: less than 11.8 oz.*



Plain flavor only



Plain flavor only\*



Plain flavor only\*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only\*



Original only\*



Honey Roasted only\*



Plain flavor only\*



Original only



Plain flavor only\*



Plain flavor only



Plain flavor only\*

\* Whole grains

Enjoy whole grains

# Cereal

Choose any combination of WIC cereal to total 36 oz or less.

$$\begin{array}{|c|} \hline 18 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 18 \\ \hline \text{oz} \\ \hline \end{array} = 36$$

$$\begin{array}{|c|} \hline 15 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 21 \\ \hline \text{oz} \\ \hline \end{array} = 36$$

$$\begin{array}{|c|} \hline 11.8 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 11.8 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 12 \\ \hline \text{oz} \\ \hline \end{array} = 35.6$$

$$\begin{array}{|c|} \hline 14.5 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 21 \\ \hline \text{oz} \\ \hline \end{array} = 35.5$$

$$\begin{array}{|c|} \hline 16 \\ \hline \text{oz} \\ \hline \end{array} + \begin{array}{|c|} \hline 19 \\ \hline \text{oz} \\ \hline \end{array} = 35$$



Enjoy whole grains

# Whole grain bread and soft corn tortillas

## Whole grain bread and soft corn tortillas

### Buy

*Only the brands of breads and tortillas pictured here in the amount printed on check.*



Oroweat 24 oz  
100% Whole Wheat



Oroweat 20 oz  
100% Whole Wheat

Franz 16 oz 100% Whole Wheat  
(photo not available)



Franz 16 oz 40 Calorie per Slice  
100% Whole Wheat



Franz 20 oz  
100% Whole Wheat



Franz 24 oz  
100% Whole Wheat



Classic Wheat 2 lbs  
Premium Whole Grain  
or Multi Grain



Sara Lee 20 oz Soft and Smooth  
100% Whole Wheat



Sara Lee 24 oz Soft and Smooth  
100% Whole Wheat



Sara Lee 16 oz Classic  
100% Whole Wheat



Casa Valdez 12 oz  
soft corn tortillas



Mission 16 oz (24 count)  
yellow corn extra thin tortillas



La Burrita 16 oz  
soft corn tortillas

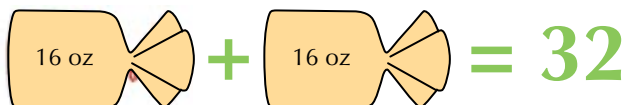
Enjoy whole grains



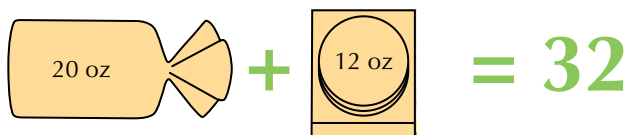
# Whole grain bread and soft corn tortillas

For children: choose any combination of the following to total 32 oz or less.

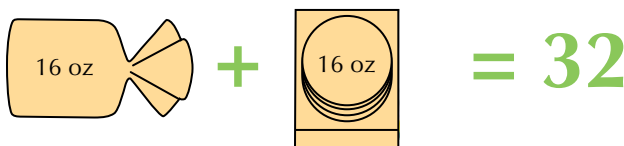
Two 16 oz loaves of bread = 32 oz



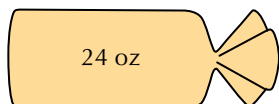
20 oz loaf of bread + 12 oz package corn tortillas = 32 oz



16 oz loaf of bread + 16 oz package corn tortillas = 32 oz



24 oz loaf of bread



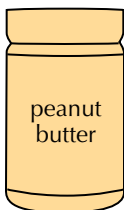
Enjoy whole grains

# Peanut butter, dry beans, peas and lentils

## Peanut butter

### Buy

*Any brand of 16 to 18 oz smooth to super crunch.*



### Do Not Buy

*Peanut butter with added ingredients, spreads, honey roasted nut, bulk, organic, or reduced fat.*

## Dry beans, peas, lentils

### Buy

*Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.*



### Do Not Buy

*Added grains, flavoring, or soup mix.*

## Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



**Enjoy iron-rich foods**

## Juice for women

Buy

100% single flavor juice pictured below in 11.5 oz or 12 oz frozen concentrate.



You may purchase any brand of orange juice in original, country style, pulp free, calcium/vitamin D fortified.

Orange Juice  
100% juice

## Juice for children

Buy

100% single flavor juice pictured below in 64 oz plastic bottles.



Original V8



Langer's Pineapple  
100% juice



White grape  
100% juice



Purple grape  
100% juice



Purple grape  
100% juice



White grape  
100% juice



Apple  
100% juice



Apple  
100% juice

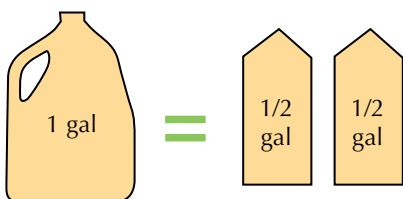
Enjoy small amounts of juice and limit sweetened drinks

# Milk

## Milk

### Buy

*Any brand pasteurized, unflavored cow's milk as printed on check.*



**Buy only if printed on check:** quarts, evaporated, powdered, acidophilus, lactose reduced/free, goat's milk quarts, 12 oz evaporated goat's milk, soy milk/beverage.

### Do Not Buy

*Organic, unpasteurized, rice, half and half, buttermilk, UHT (shelf stable), or powdered goat's milk.*

## Quick tips

- Whole milk with the red cap is only for children 1 year old up to age 2.
- Low-fat milk = 2%, 1%, skim, reduced fat, nonfat.

## Nutrition facts

Keep the vitamins, lose the fat.

- Low-fat milk has the **same** calcium, vitamin D, and protein as whole milk.
- Low-fat milk has **fewer** calories and fat than whole milk.

**Enjoy low-fat dairy products**

# Cheese and eggs

## Cheese

### Buy

*Any brand of 16 oz (1 lb) domestic natural, regular, or low-fat, unsliced vacuum-packed cheese pictured below. Blends of single cheeses allowed except string cheese.*



Cheddar  
(mild, medium or sharp)



Colby



Swiss



Monterey Jack



Mozzarella String Cheese  
(16 oz multi-stick bag of  
mozzarella only)



Mozzarella

### Do Not Buy

*Extra sharp or white cheddar, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, or added ingredients, or 32 oz.*

## Eggs

### Buy

*Any brand of small, medium or large white chicken eggs in cartons of 12.*

### Do Not Buy

*Brown, organic, x-large, jumbo, or specialty eggs.*



**Enjoy low-fat dairy products**

# Infant cereal, fruits and vegetables

## Buy

*8 or 16 oz Gerber, Nature's Goodness, or Beechnut cereal that is rice, barley, oatmeal, or mixed.*



## Do Not Buy

*Added fruit, formula, organic, cans, jars, brown rice, or DHA/ARA.*

## Buy

*Any single fruit or combination of plain fruits. Any single vegetable or combination of vegetables in 4 oz Gerber, Nature's Goodness or Beechnut containers.*



## Do Not Buy

*Added ingredients, organic, DHA/ARA, or desserts.*

## Quick tip

If your baby is ready for table foods, add soft diced fruits or vegetables to infant baby foods.

**Babies are meant to be breastfed**

# Tuna/salmon Infant meats

(For fully breastfeeding women)

## Buy

*Tuna: any brand 5 or 6 oz chunk or light canned.*



tuna fish

*Salmon: any brand 5 or 6 oz pink canned.*



salmon

## Do Not Buy

*Tuna: fresh, smoked, albacore, white, fancy white, pouches, snack packs.*

*Salmon: fresh, Atlantic salmon, red sockeye salmon, pouches or snack packs.*

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(For fully breastfed infants only)

## Buy

*2.5 oz Gerber, Nature's Goodness or Beechnut. Any variety of meat. Added broth/gravy allowed.*



## Do Not Buy

*Dinners; added fruit, vegetables or noodles; DHA/ARA or organic.*

**Babies are meant to be breastfed**



**Remember, if the brand is not listed,  
you can help WIC by  
choosing the lowest cost foods!**



IDAHO DEPARTMENT OF  
**HEALTH & WELFARE**

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